



REPLY TO
ATTENTION OF
DASG-HS-AS

**DEPARTMENT OF THE ARMY
OFFICE OF THE SURGEON GENERAL
5109 LEESBURG PIKE
FALLS CHURCH VA 22041-3258**



14 JAN 2003

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Medical Examination Requirements for Ranger School

1. The purpose of this memorandum is to provide guidance on the medical examination requirements for applicants for Ranger School.
2. AR 40-501, Standards of Medical Fitness does not contain specific requirements for Ranger School medical examinations. The following requirements for Ranger School medical examinations are effective immediately and will be included in the next revision of paragraph 8-12, AR 40-501.
 - a. The items of the DD Form 2808, Report of Medical Examination that are listed in paragraph 8-12 b, AR 40-501 (attached) will be completed.
 - b. In addition to those items listed in paragraph 8-12b, AR 40-501, the following additional examinations and tests will be performed:
 - 1) Age 34 and under: Urinalysis with microscopy, hematocrit, HIV test within 2 years, and Sickie-dex. A dental evaluation by a dentist is also required.
 - 2) Age 35 and over: Urinalysis with microscopy, HIV test within 2 years, Sickie-dex, fasting blood sugar, complete blood count (includes hematocrit), fasting lipid panel, electrocardiogram, rectal exam with hemocult. A dental evaluation by a dentist is also required. The medical follow-up requirements in paragraph 8-25d, AR 40-501 (attached) for abnormal test or examination results will be followed. Results of follow-up will be forwarded with the medical examination to the Ranger School for review.
3. The medical examination is valid for 18 months from the date of the medical examination to qualify for Ranger School.
4. Applicants disqualified for Ranger training may request a medical waiver from the Ranger School. The Ranger Training Brigade Web site contains waiver submission guidelines and more specific information on Ranger School qualification requirements and procedures. The web site can be located at: www.benning.army.mil/RTB/RTBMAIN.htm.
5. Applicants for Ranger School must also meet the standards of AR 600-9, The Army Weight Control Program.

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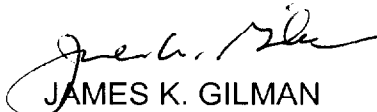
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6. AR 40-501 is also being updated to clarify some of the medical standards for Ranger School applicants. Paragraph 5-3 of AR 40-501 lists the required standards for Ranger School applicants. Although paragraph 5-3 indicates that the standards of 5-4 and 5-6 also apply to Ranger School, this is an error. It is only the standards of paragraph 5-3 that must be followed, not the standards in paragraphs 5-4 and 5-6.

7. My point of contact is Ms. Wortzel, DSN 761-0020.

FOR THE SURGEON GENERAL:

Encl



JAMES K. GILMAN
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Acting Assistant Surgeon General

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8-12. Medical examination requirements and required forms

a. Required forms. The required form for all Army military medical examinations is DD Form 2808. The "Laboratory Findings" section of this form may not contain enough space to include all required tests. If additional space is needed, the "Notes" section in box 73 may be used for that purpose. (MTFs are encouraged to use standard overprints, stamps, etc., in box 73 for that purpose.) Table 8-1 contains model entries and explanatory notes for every box on the DD Form 2808. All items are NOT required on all examinations.

b. All examinations. The following items ARE REQUIRED on ALL Army military medical examinations. (Additional items may be accomplished if clinically indicated.) See paragraphs (3) through (8) below for additional items required for special examinations. The box number from the DD Form 2808 that corresponds to the appropriate item to be completed is listed following each item.

(1) Administrative data. Date of examination (box 1), SSN (box 2), Name of examinee (box 3), Home address (current address, not "home of record" if different) (box 4), Home or contact telephone number (box 5), Grade/rank (box 6), Date of birth (box 7), Age (box 8), Sex (box 9), Race (box 10), Service (box 15a), Component (box 15b), Purpose of exam (box 15c), and Name of examining facility (box 16). (Name and SSN will also be completed on the top of pages 2 and 3 of the DD Form 2808.)

(2) Clinical evaluation section (boxes 17 through 39). This includes examination of head, face, neck, scalp, nose, sinuses, mouth, throat, ears (drums), eyes (includes ophthalmoscopic), heart, lungs, vascular system, anus, abdomen, upper and lower extremities, feet, spine, skin, breast exam, neurologic exam, and testicular exam on males. (Rectal exams are not required on all examinations. Pelvic exams and Pap tests are not required on all female examinations. See paras (3) through (8) below for specific requirements.)

(3) Dental section (box 43), usually completed by a physician or physician assistant. (This does not replace the dental examinations required in AR 40-3.)

(4) Notes section (box 44) (to explain any abnormalities).

(5) Urinalysis for albumin and sugar (boxes 45a and 45b).

(6) Miscellaneous measurements. Height (box 53), weight (box 54), temperature (box 56), pulse (box 57), blood pressure (box 58a), distant vision (box 61), near vision (box 63), and audiometer results (box 71a).

(7) Qualification for service (box 74a). For periodic, separation, and retirement exams, qualification is based on whether the examinee meets the medical retention standards of chapter 3.

(8) Physical profile (box 74b). This section does not replace the requirements for a DA Form 3349 as described in chapter 7.

(9) Summary of defects (box 77).

RANGER SCHOOL

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2) Age 35 and over: Urinalysis with microscopy, HIV test within 2 years, Sickie-dex, fasting blood sugar, complete blood count (includes hematocrit), fasting lipid panel, electrocardiogram, rectal exam with hemocult. A dental evaluation by a dentist is also required. The medical follow-up requirements in paragraph 8-25d, AR 40-501 (attached) for abnormal test or examination results will be followed. Results of follow-up will be forwarded with the medical examination to the Ranger School for review

8-25. d. Medical followup by a physician qualified to measure, interpret and treat cardiovascular risk factors for soldiers who meet one or more of the following criteria:

(1) A HDL cholesterol less than 35 mg/dL for men, less than 45 mg/dL for women, a LDL cholesterol greater than 160 mg/dL, triglycerides greater than 400 mg/dL or non-HDL cholesterol greater than 190 mg/dL (if LDL cholesterol is unavailable).

(2) A systolic blood pressure equal to or greater than 140 mm Hg, or a diastolic blood pressure equal to or greater than 90 mm Hg. (Followup is not necessary if 3 day serial blood pressure readings do not confirm elevated blood pressures.)

(3) Elevated fasting blood sugar greater than 115 mg/dL.

(4) Abnormal Q waves or other electrocardiographic findings suspicious for possible heart disease.

(5) Other medical conditions as defined by paragraphs 2-18 and 3-21 through 3-24.

(6) Any symptom (chest pain, dizziness, claudication, shortness of breath) that is suspicious for possible cardiac or atherosclerotic etiology. In the case of acute cardiac findings, immediate/emergency referral will be made.